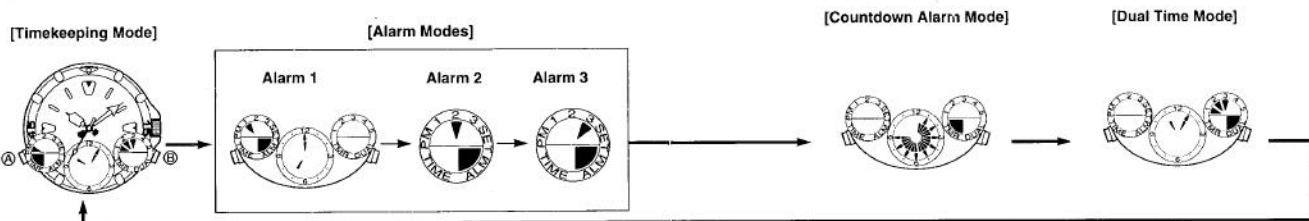


GENERAL GUIDE

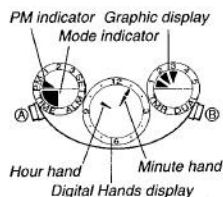
- Press **A** to change from mode to mode.



TIMEKEEPING MODE

About digital display

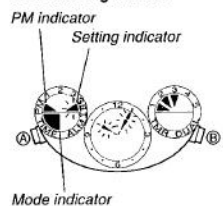
The minute hand in the digital hands display indicates the current time in 5-minute units. For example, it would point to 12 during minutes 0 through 4, and to 1 during minutes 5 through 9 etc. The exact time can be calculated by measuring the number of minutes indicated by the graphic display.



[Example: 10:08 PM]

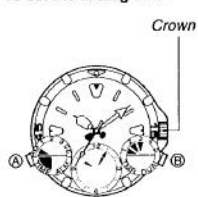
Minute hand: Points to 1 (5 minutes)
Graphic display: 3 segments filled in (3 minutes)
5 minutes + 3 minutes = 8 minutes

To set the digital time



1. Hold down **B** while in the Timekeeping Mode until the digital hands start to flash on the display.
 - At the same time, setting indicator also starts to flash.
2. Press **A** to advance the digital time setting. Holding down **A** advances the digital setting at high speed. You can only advance the setting, and cannot reverse it.
 - There is no seconds display, but the seconds are reset to "00" whenever you change the minutes setting.
3. After you set the time, press **B** to return to the Timekeeping Mode.
 - If you do not operate any button for a few minutes while the digital hands are flashing, the flashing stops and the watch goes back to the Timekeeping Mode automatically.

To set the analog time



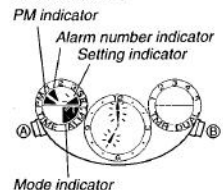
1. Pull the crown out to stop the second hand. If you plan to restart analog timekeeping on some time signal (from the radio or television), pull the crown out when the second hand is at the 12 o'clock position.
2. Set the hands by turning the crown.
3. Push the crown back in to restart timekeeping.
 - Analog time is kept is by a mechanical timepiece. Because of this, the second hand may not start to move exactly when you push the crown back in.

ALARM MODE

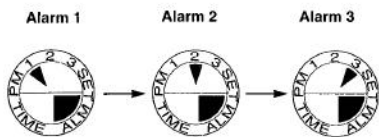
Three independent daily alarms can be set. When the Daily Alarm is on, the alarm sounds for 20 seconds at the preset time each day. Press any button to stop the alarm after it starts to sound. Note that the Daily Alarm operation is based on the digital time setting.

- You can set an alarm time in 5-minute units.

To set an alarm



1. Use **A** to select from among Alarm 1 through Alarm 3.

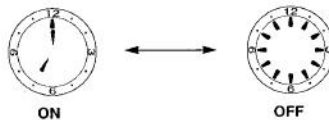


2. After you select an alarm, hold down **B** until the digital hands start to flash on the display.
 - At the same time, the setting indicator also starts to flash, and the Daily Alarm is switched on automatically.
3. Press **A** to advance the alarm time setting. Holding down **A** advances the alarm time setting at high speed. You can only advance the setting and cannot reverse it.
 - Take care to set the time correctly as morning (AM) or afternoon (PM).
4. After you set the alarm time, press **B** twice to return to the Alarm Mode.

- If you do not operate any button for a few minutes while the digital hands are flashing, the flashing stops and the watch goes back to the alarm number display in step 1.

To switch the Daily Alarm on and off

1. Use **A** to select from among Alarm 1 through Alarm 3.
2. After you select an alarm, hold down **B** until the digital hands start to flash on the display.
3. Press **B**. At this time, the flashing of the digital hands stops leaving only the setting indicator flashing.
4. Press **A** to switch the Alarm on and off.



5. After you switch the alarm on and off, press **B** to return to the Alarm Mode.
 - If you return to the Alarm Mode after switching the alarm off, the digital hands display rotate as illustrated below.



About the alarm sound

In the any mode, hold down **A** to change the alarm sound to one of two available pitches. Each time you hold down **A** a different alarm sounds. The sound produced the last time you hold down **A** is the one used for the alarm.

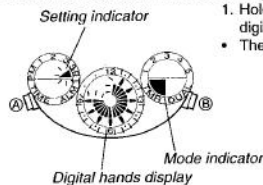
COUNTDOWN ALARM MODE

The countdown timer can be set within a range of 5 minutes to 60 minutes, and it times in units of 1/10 of a second. When the countdown reaches zero, an alarm sounds for 10 seconds or until you press any button.

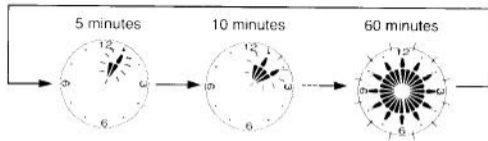
- In the Countdown Alarm Mode, the digital hands show the starting value of the timer.

To set the Countdown Timer starting value

1. Hold down **B** while in the Countdown Alarm Mode until the digital hands start to flash on the display.
 - The setting indicator also starts to flash.



2. Press (A) to advance the countdown timer starting value in 5-minute increments.



3. After you set the countdown time, press (B) to return to the Countdown Alarm Mode.

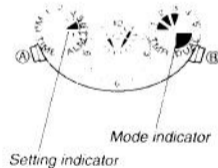
To use the Countdown Timer

1. While in the Countdown Alarm Mode, press (B) to start the countdown timer.
 - When the end of the countdown is reached, the alarm sounds for 10 seconds or until you stop the alarm by pressing any button. The Countdown Timer is automatically reset to its starting value (and ceases operation) after the alarm stops.
2. Press (B) again to stop Countdown Timer operation.
 - You can resume operation of the Countdown Timer by pressing (B) again.
3. To reset the Countdown Timer to its starting value, stop the timer and then hold down (B).

DUAL TIME MODE

The Dual Time Mode lets you set a second time that operates independently of the current time. This means you can keep track of time in another time zone.

To set the Dual Time



1. While in the Dual Time Mode, hold down (B) until the digital hands start to flash on the display.
 - At the same time, setting indicator starts to flash.
2. Press (A) to advance the digital time setting. Hold down (A) advances the digital setting at high speed. You can only advance the setting, and cannot reverse it.
3. After you set the time, press (B) to return to the Dual Time Mode.
 - If you do not operate any button for a few minutes while the digital time is flashing, the flashing stops and the watch automatically returns to the Dual Time Mode.